

(Menu is subject to change.)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chipotle Bean and Veggie Chili Brown Rice with Mushroom Baby Spinach Salad with Lemon Vinaigrette Plums (2)	3 Garlic Chicken Whole Wheat Pita Kale and Watercress Salad Mashed Potatoes Watermelon	4 Light Egg Salad with Lettuce Classic Garlic Bread Mixed Green Salad with Dressing Apple	5 Baked Breaded Pork Chops Perfect White Rice Whole Wheat Bread Sweet Beet Salad Banana	6 Baked Salmon with Lemon, Tarragon, and Thyme Whole Wheat Bread Mashed Potatoes Steamed Broccoli Orange
9 Asian Peanut Whole Wheat Noodles Whole Wheat Bread Asian Style Cucumber Salad Vegetable Soup Blueberries	10 BBQ Chicken Classic Macaroni Salad Whole Wheat Bread Mixed Green Salad with Dressing Canned Pineapple	11 Beef Stew Whole Wheat Bread Arugula Salad with Balsamic Vinaigrette Baby Carrots and Parsley Garlic Mashed Potatoes Orange	12 Italian Roasted Pork Tenderloin Coconut Rice and Pigeon Peas Spiced Mixed Vegetables Vegetable Mix Applesauce	13 Tuna Salad Bowtie Pasta Salad Whole Wheat Bread Garden Salad Grapes
16 California Veggie Burger Homemade Minestrone Soup Whole Wheat Hamburger Bun Baked Fries Garden Salad Lettuce and Tomato Tangerines	17 Corn Beef Cabbage Whole Potatoes Carrots Soda Bread Pear	18 Baked Asian Honey Chicken Wings Fortune Cookies Fried Rice Chow Mein Spring Roll Orange	19 Ginger Sherry Pork Chops Whole Wheat Bread Smashed Red Potatoes Vegetable Mix Pear	20 Parmesan Baked Fish Basic Pasta Salad Garden Salad Orange
23 Arroz con Gandules Apple and Beet Salad Coleslaw Green Bean and Pepper Salad Pear	24 Deluxe Cheeseburger with Sauteed Green Peppers and Onions Whole Wheat Hamburger Bun French Fries Garden Salad Grapes	25 Chicken Soup with Vegetables Classic Macaroni Salad Whole Wheat Pita Tossed Salad with Dressing Apple	26 Smothered Pork Chops Whole Wheat Bread Baked Sweet Potato Broccoli and Red Peppers Orange	27 Homemade Breaded Fish Whole Wheat Bread Home Fries with Peppers and Onions Leafy Green Salad with Apples Banana
30 Tasty Whole Wheat Lo Mein with Edamame Whole Wheat Bread Garden Salad Garlic Snap Peas Mixed Vegetables, Pear	31 Baked Chicken Quarters Whole Wheat Bread Potato Salad Sauteed String Beans Peach			

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